



The Scribe

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Generation II, Vol. 8, No. 1 August 24, 2000

Welcome to the 2000/01 academic year

Welcome back to all returning students and welcome to our freshman class, the class of 2004. I hope that you had a fruitful and enjoyable summer break and I want to update you on some of our administrations' projects and plans for the coming academic year.

I am particularly excited about plans to extend the pedestrian mall into the intersection of University and Myrtle Avenues.

The extensions will consist of a large brick circle with a sitting wall that will surround a focal point – perhaps a sculpture, although that's not yet decided. Other features, such as flagpoles, site lighting and an information kiosk will also be incorporated into the project later.

This area will eventually become the center of the campus, where students, faculty, staff and those visiting us can meet and relax in a friendly environment.

Wahlstrom Library will continue to absorb administrative services. Recently, the Academic Resource Center relocated to the fifth floor. Renovation has begun on the lower garden level to accommodate almost all student administrative services – the registrar, the bursar, financial

aid – and make it more accessible. In addition, the corridor connecting the garden level of the library with Carlson Hall will be renovated and opened.

A second phase, which includes relocating the campus mail and print center, will be completed later.

As with other serious institutions of higher education, UB is accredited not only by its regional commission, the New England Association of Schools and Colleges



President Neil Salonen

(NEASC) but by several voluntary professional groups as well. This academic year, UB will host a focused team for NEASC and the Connecticut Department of Higher Education, as well as other accrediting bodies. These professional accrediting bodies reinforce UB's objective to provide education of the highest quality.

I look forward to working with all of you to make this academic year the best yet!

Sincerely,
Neil Albert Salonen
President

The real orientation guide

BY LUCAS MC CLOUD

The orientation packet that you have received, while no doubt informative, does not present an insider's view of UB. After breathing this university for three years, there are a few tips and tricks that should prove helpful to all the newcomers.

First, concerning the academic realm, everyone must take core courses. Although there is more flexibility now – you need only take one of the core courses and one of the menu options – you can even beat the menu options. If you have AP credits or transfer credits from another university, you can use those to

substitute one of the menu options. For example, if you have AP credit in Economics, you have credit for UB's Economics 201 or 202, which can be used a menu option to fulfill the Social Sciences core requirement.

With some careful planning and creative thinking, you can free up anywhere from 3-21 credits from core and major requirements for use in elective and experimental courses. Always check with your advisor first.

sor first.

In the culinary realm, Marina usually leaves nothing to be desired in terms of quality or quantity. But for those few who find Marina lacking (who are these people?), with a little ingenuity, you can whip up some nice treats. For example, pour some sugar and cinnamon into a Marina glass filled with ice, add 1/5 coffee and the rest hot chocolate, and you have a delicious café mocha. And you can throw in

complaints about noise. It may take a little more planning than the usual "party tonight at 11," but when your party goes until 4 AM instead of 11:30 PM, it will be well worth it. And always have a back-up party plan.

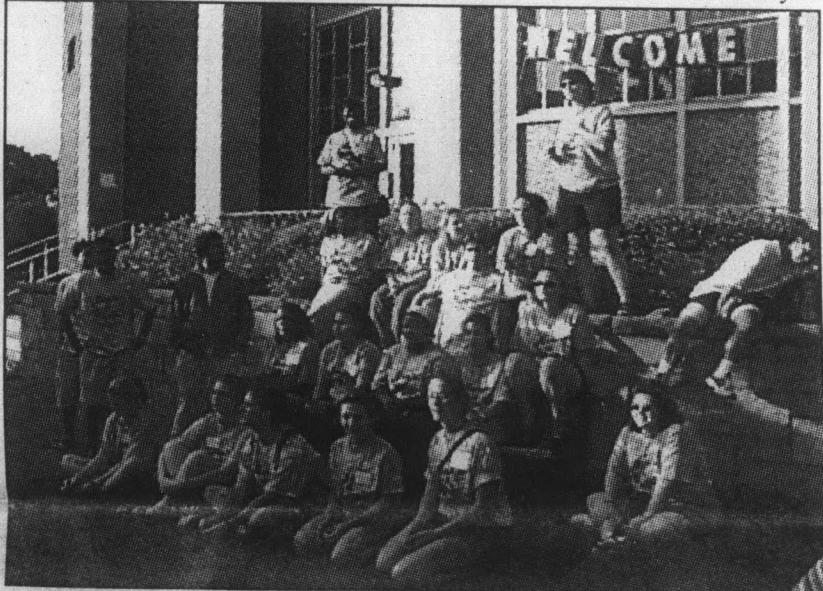
For student services, avoid registration and payment deadlines by all means necessary. They will drastically shorten your lifespan to that of a Third World country's. The best time to do any sort of registering or

paying is the early morning. Try to arrive at the bursar or registrar at 8 AM so that you can be the first in and out at 8:30 AM, when they actually open. Although it's a pain to get up that early,

the stress factor you avoid in the process is well worth it.

Concerning professors, there are several you should take at least once in your career at the University. By far, the numero uno is Professor Frey, this year's teacher of the year. An amazing lecturer, a published psychologist, and a wonderful man, there is no doubt that you will enjoy

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Orientation staff provide a helping hand and friendly face to all new students

some brown sugar, chocolate chips, or even ice cream if you want.

In the social world, the best thing to do is throw a party. Everyone loves a party, and they provide the best opportunity to relieve stress by getting some action. The problem here is avoiding security, and the best thing you can do is make sure that your party is not next to a room with people who will call the RA with

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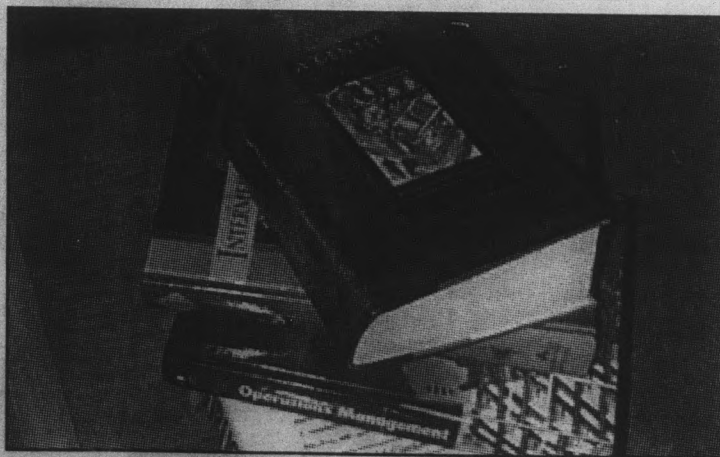
BY GEETHA THARMARATNAM

The semester starts and you are all ready to go get them. As you are just hankerin' after. The problem? Books.

College books are among the most expensive and it is almost enough to tempt you to either not get the books and bum them off people in off-peak time (that being during the week, when there is not homework and no exams) or to photocopy the books (illegal/violation of copyright/Kinko's has a deal for 5-cent copies, even better when you minimize the print and print on legal size paper).

Your alternatives are to wait in long lines for the books at the bookstore and hope that they have them in stock, or go

online. Many of the online bookstores are cheaper, but be sure to figure in the cost of shipping. Here's the info on



Buying books online is an alternative to the UB Bookstore

the "Texts that invite study disaster."

One of the biggest and probably more expensive bookstores can be found at www.amazon.com. Along with barnesandnoble.com, these online bookstore giants get away with charging very high prices, and probably won't save you much money in comparison to the UB bookstore.

There are many other web-sites that have emerged in the past couple of years, many of which have lower prices. A favorite among students is fatbrain.com, which usually has

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Columns

Welcome from Student Congress

Welcome! For those of you who don't know me, my name is Jee-eun Lee - junior, Bodine resident, global nomad, and president of Student Congress. We're a group of thirty something students who represent and (try to) entertain the student body.

This year we have many ideas for creating a livelier campus by holding various activities including (but not limited to) sports, parties, and academic debates. However, in order best to serve you, it is vitally important for us to hear your voices, your creative ideas, and of course, complaints. In other words, we need to know what YOU would

like to see happening. And not happening. So please tell us—while eating chicken in Marina, chatting in the dorms, through e-mail or suggestion boxes.

I hope that many of you are interested in joining our team this year as we have many open positions for both new and returning students. Petitions

for the open positions can be picked up from the Student Center starting September 7th. Debate and election dates will be announced and further information will follow.

Meanwhile, if you have any questions please contact me at x2311 or through e-mail at jee9@hotmail.com.

You can also visit the Student Congress office on the second floor of the Student Center.

Finally, I wish everyone a good semester, good grades, and most of all, good times. And I sincerely hope that we won't hear too many complaints.



Jee-eun Lee is president of Student Congress for 2000-2001

Sincerely yours,
Jee-eun Lee

Campus Security secures you

Security services at UB are supplied under contract by Burns International Security Services. The Campus Security Department is staffed by 37 personnel and operates 24 hours a day, 7 days a week. The Campus Security Department reports to the Director of Administration for the University. The department is administered by the Director of Campus Security, who is assisted by a full-time Administrative Supervisor.

The Campus Security office is open 24 hours a day and staffed by a uniformed dispatcher. The dispatcher takes complaints and requests for service from the community, dispatches personnel to handle them and records the information on such requests.

In addition, he/she monitors intrusion, fire and boiler alarms for campus property and the Campus Secure System computers.

The Campus Secure System consists of a small personal alarm device (PAD) that is issued to all full-time students and is available to part-time students and staff at an additional cost.

When the device is activated by a

person in need of help, the computers in the campus security office will show the person's location anywhere on-campus. It will also display a color photo of the person along with their personal information and description, and any medical information supplied



by the user. Upon receipt of an alarm patrol, personnel are dispatched to assist the person.

Student IDs are also issued at campus security and there is an ATM located in the lobby.

The patrol unit of the Campus Security Department consists of a uniformed, armed supervisor on patrol in

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Preparing for a snack attack

BY GEETHA THARMARATNAM

Ever heard of the "Freshmen 15"? Well, a few years ago, it was the "Freshmen 10." I shudder to think what this number will be in 10 years! In any case, this extra weight is gleaned not just from Marina, the buffet style cafeteria we have. Here is a tried and true field guide to the stores in the area where you can get food for those special moments that seem so hard to come by.

There are two places on campus. You have the "T-Maria Café II" in the basement of the Student Center. It is open from 7 AM to 11 PM during the semester. Fast food is served there and it is one option when you have missed brunch on a Sunday morning. They don't have an extremely varied menu as far as non-greasy food goes, but hey, it's your McDonalds in the neighborhood!

The other option is the limited candy and chip section in the campus bookstore. We used to believe that the tradition of having candy in the campus bookstore started when some stu-

dents fainted from a lack of nourishment while waiting to buy books in the long, endless lines there. There has been no comment from anyone working at the bookstore.

In the immediate area on the campus, you have three grocery stores. There is the Park Ave. Store (an imag-

The Park Ave. Store is two blocks up Park Ave. going away from the fake Arc de Triumph (Marble Arch) on your left. This establishment has basic groceries and lots of junk food. If you are loath to steal food from Marina, this is a pretty good place to get things like breads, meats and cheeses.

It is open from 9 AM to 8 PM, Monday to Saturday, and from 9 AM to 5 PM on Sundays.

On Main Street, the place where the Number 8 bus stop is, are two grocery stores. The first is about one block away

on your right as you head towards the tall buildings downtown. Pop's Grocery Store is open from 5:30 AM to 8

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Finding late-night snacks is easy when you know where to go!

inative, yet descriptive name). It is on Park Avenue, the road that splits the campus in half. The better half being on the other side of Park, where all the greenery and cafeteria are.

The Scribe

To Inform, Persuade and Entertain

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Bar-ology in Connecticut

BY GEETHA THARMARATNAM

There is a lot more to college than studying. Not the thing to be saying to freshmen in the first week. But wait, they already know. Those weekends are never too long and are wonderfully filled with activities such as clubbing and bar-hopping, especially if you are over 21.

There is one main area in Norwalk that has clubs and bars. Go to O'Reilly's for a drink in the presence of a live band. Their strength though is more when the band is taking a break and the quality of the canned music is high.

There is a quiet room in the back giving a person the chance to play a game of darts, dance on the flimsy tabletops or pretend to talk philosophy with Eves-esque fellows.

Down the road is Rattlesnake. This is a pick-up joint for the slightly older crowd, the average age being 32 years. This is more than the jeans crowd at O'Reilly's. The crowd is mostly yuppies. Apart from that, the large picture windows expose too

charge. It looks great from the outside and I'll say they have a lot of staff members – identifiable by the marine blue muscle shirts they wear.

The music is definitely dance, a bad mixture of American pop and some great Euro trance. Unfortunately the man-

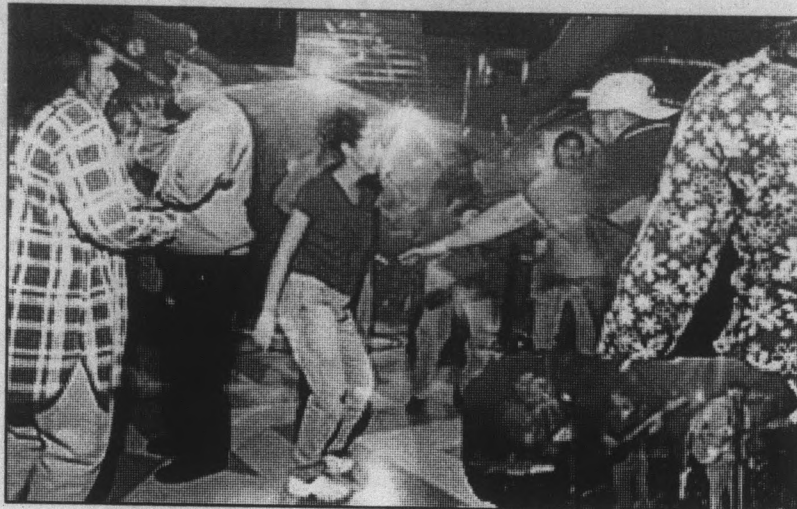
agement have yet to realize that the natural sunk dance floor should be used for something other than the tables that no one sits at.

Art Bar in Stamford has some really nice artwork

on the walls, but the music is mostly house. Apart from that, they have pool tables for those more inclined towards sticks and balls.

Violets usually has a great band, and there is no cover charge. The crowd is aged

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UB students have an opportunity to kick the old school "flavor" at clubs throughout Connecticut

much.

The Loft is great with a stage that opens directly onto the street. Sit and enjoy a drink with your mates or climb up the curving staircase to watch the beautiful people there. The music is also mellower there.

Ocean Drive is down the same road and carries no cover

Welcome from the Dean

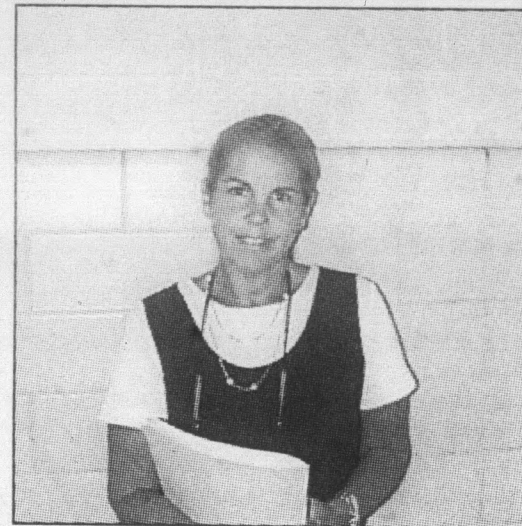
Hello! As Dean of Students at the University of Bridgeport, I'd like to extend a warm welcome to all of our new UB students, and a welcome back to all of our returning students.

As Dean for the past 8 years, and as an administrator at this institution for 23 years, you need to know something that I know very well: UB students are the very best students in the world! Okay, I may be a bit prejudiced, but I know from speaking to colleagues from other schools that we have a very unique and wonderful student population. I am honored to be a part of this institution. You will be too!!

The University of Bridgeport is unique because of its product. And that product is you!! The faculty and staff hope that you have a wonderful and significant educational experience here at UB. We all hope that you are anxious to get on with the business of

learning and getting educated. You would be hard-pressed to find a more caring group of professionals at any other institution.

Our student body is beau-



Dean of Students Janet Merritt

tifully diversified. We have students from more than 70 different countries and from more than 30 different states in the United States. Before even stepping foot into a classroom you are learning. You are learning about the world and are getting a truly global education.

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Dorms, Dorms, Dorms

BY ANDREA KOEHLER

It's the beginning of a new school year, and people are moving into their dorms. Many may be thinking about switching dorms because of their friends, their roommate, and where the parties are. Here is a fair comparison of the different dorms at UB, with their good and bad points.

The largest of the dorms is Bodine. It is also the most ethnically diverse. And, since most of the people live there, that's where most of the parties are. Also, it's the only dorm where you're allowed to use the elevators without having luggage with you. The down side is that, because it's so large, it's can be impersonal.

In the other dorms, when

you sit in the social room, you talk to people. In Bodine, when you walk into a social lounge, and someone else is there, you leave. Also, the

it. However, there are never any parties in Barnum, except the ones that the RA's throw, and those are usually not very popular.

Seeley is, unofficially, the athlete dorm, as most of the Americans, and some Europeans, live there. It is very loud, and also a party dorm. One of the good things about it is, like Barnum, it is not very far from the dining hall, which is nice when there is two feet of snow.

Warner is considered by some to be the best dorm, but it is reserved for graduate students and undergraduates over 30. The dorm is the nicest, as it was renovated just two years ago. The study lounges and rooms are smaller than the other dorms, but their condition makes up for it.

This just might be the best choice, if you can get in.



Free Internet connections attract many undergraduates to live in Bodine Hall

rooms are slightly smaller than in Seeley or Barnum.

Barnum is the substance-free dorm, which means that you can't smoke or drink there. Also, one wing of the girl's floor doesn't permit male visitors. This dorm is the quiet one, and if you want a nice place to study or sleep, this is

Acing graduation requirements

BY GEETHA THARMARATNAM

There are a number of requirements that you need to fulfill before UB will graduate you. Ever hear the one about the guy who walked at graduation 15 years ago, but for the lack of one class has still not graduated? It's true!

Don't be the horror graduation story that the next class tells; plan your four years well. Plan to take the courses you need at the right time.

Don't leave the basic classes until your last year, as you may find that you need to take one class before you can move past UB.

Go through the course catalog and list all the courses that you have to take. Divide them by the number of semesters you want to take to graduate. Talk to your advisor and set down a rough schedule.

If you are lucky enough to be in the School of Business, your advisor, Professor Greenspan, already has a one-page cheat sheet for you of the courses you have to take to graduate. It's a great way to know where you stand at any given point of the next 4 years,

and there is space there to list each grade as well.

Advise your advisor to do something similar.

UB has something called the Core. It is the demon that roosts on all students' shoulders, regardless of major, age, or sexual orientation. It is designed to give you a general education. The great thing is that now it is more flexible.

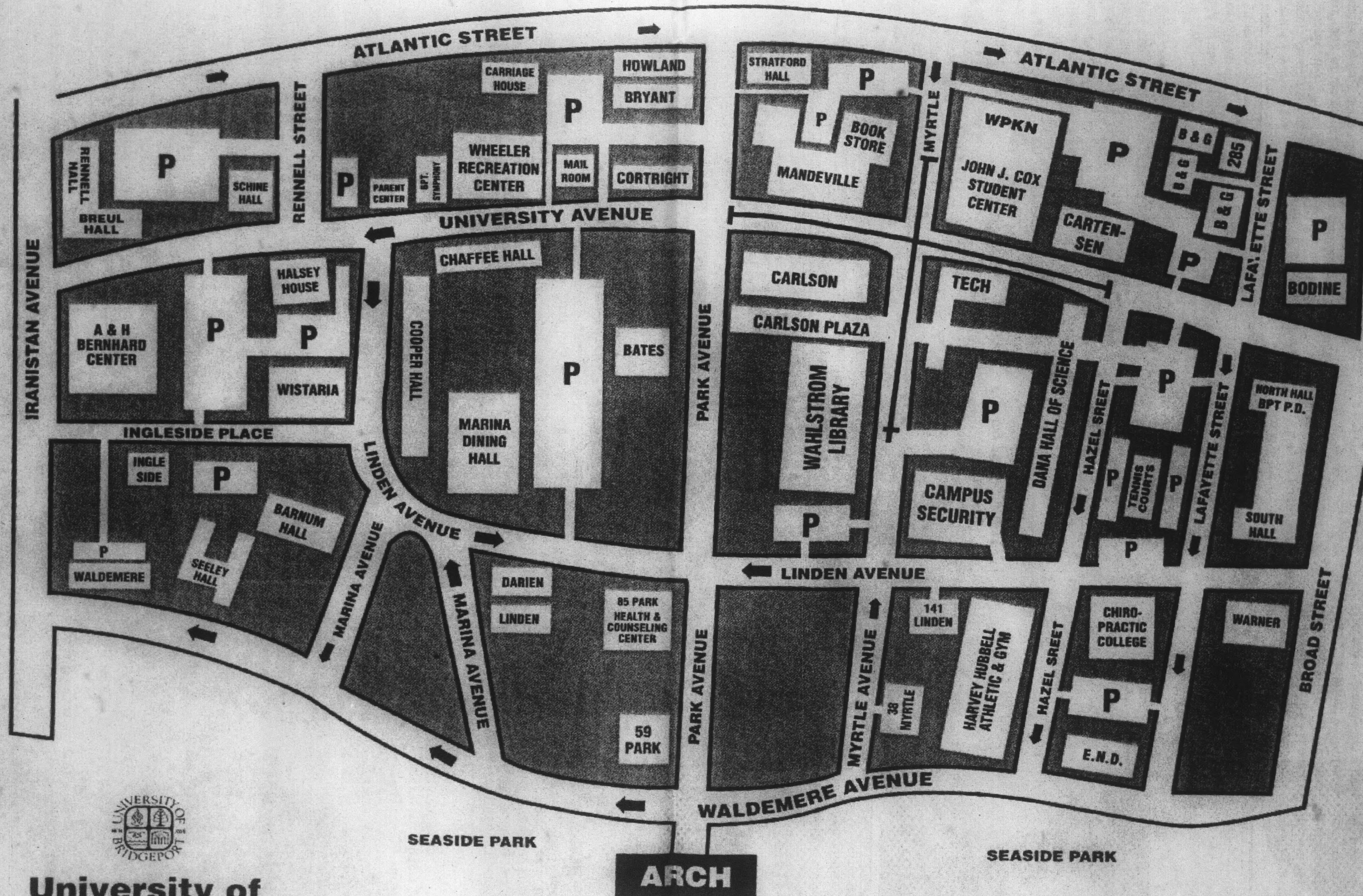
You have a menu of choices that you can use for subjects you only wanted to take one class in, for example, Introduction to Eastern Religion. You should take all your cores before you take Capstone, the thesis class. Bear in mind that some classes are only offered once a year.

Spread your cores throughout the four years, the last thing you want to be doing is still taking a core in your last semester other than Capstone.

It's one thing to plan your life out for 4 years, which is probably impossible, but at least try to set the barest skeleton out. You will not feel overwhelmed in three years then as you realize that you have too many required courses left and will be graduating late.



University of Bridgeport



The ingredients of success

This is the culmination of the stress of the SAT and, for some, the TOEFL, plus months of research and application to many collegial institutions around the country or world. What should you expect? Nothing to warrant the time and energy that you have put into getting to this point. That is unless you keep putting in time and effort.

Nothing comes easy (cliché). Work hard and you will be rewarded (lies). What goes around comes around (immensely scary thought). As far as I am concerned, what you get is the product of a delicate balance of thought, planning, effort, luck, and most of all, attitude.

Think of the consequences. It is liberating to be free of home and family. Burn that bra and get that image you thought you wanted to portray. Free at last... Then comes the big bad wolf. Yes, this fairy tale has many of those. Let us start with Mr. David Oestreich, director of Residential Life and major party-poopers here.

Do something wrong and get caught, you'll be visiting David O. It is said that the worst job in the world is that of the financial controller of UB; okay, maybe the PR person has it the roughest. Let me tell you the worst thing you can be is the director of Residential Life. You have to deal with the joys of coordinating the home life of hundreds of students on-campus and disciplining them and still come out of it with a modicum of love for the human race.

There is a publication called the Key to UB. People use it most when they are going to visit Mr. Oestreich. My suggestion is if you have nothing better to do in a boring class, rather than falling asleep, read the rules and regulations.

You might be surprised to see what you could get in trouble for doing. Read especially the raunchy descriptions of what constitutes sexual harassment.

Think about the consequences of what you do. Get trashed on a school night, and deal with a WWF tourna-

ment in your head the next morning in Bio class. Been there, done that! Steal, rape, pillage, you will be lynched. Don't want to be there! Most of all, remember that your parents have now, by law, more right to know what happens to you in school.

Scared? You damn well should be!

Effort, the amount of elbow grease you put in. That can be the difference between an A and an A-, a good relationship with a professor and a professor who does not even know you are in his/her class, and eventually whether UB is a school with a reputation of a B grade college or one where the students are known to be active in and out of the classroom.

Take the time to be a driving force. College is the opportunity to develop your skills and abilities. Get involved in something you are interested in. That means join a club, join *The Scribe*, start a club if you wish. One of the nicest things is to feel the sense of community that you get from working with people toward a common goal. That says nothing of the satisfaction you get

from what you do whether that is writing a story for *The Scribe* and getting your name in print or joining the Latin American club party and helping to throw one of the greatest parties in the year.

Hey, if nothing else, you can meet other wacko people.

Lady Luck is a whore and the worst part is she is pretty non-discriminate. Luck is great when you have that test postponed unexpectedly, but do not count on it to get you out of trouble. Try to stay focused and that helps to woo this mercurial wrench.

Your attitude will help you get past the roommate problems and problem-professor problems and anything else. Keep your hat on and your chin up.

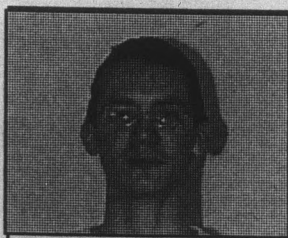
I have fine-tuned a philosophy after my years here: To get through the unique and special experience that is UB, you've got to keep going and keep your eye on that goal - graduation. In the meanwhile, try to have as much fun as possible...without getting into too much trouble.

Scribe Meeting on Thursday August 31st, 8:30 p.m. Student Center, Rm. 244

If you are interested in writing for *The Scribe*, please come to our first meeting of the semester to check things out.

On The Spot

What was your first impression of UB?



"It's clean, well-organized, and what I find very important, open-minded."

Jaroslav Rakos



"Everybody is so friendly. You find here many nice and intelligent

people. And there is a lot to do here at UB."

David Ruzicka



"It's nice at UB. Everybody is so friendly and I feel like being at

home or better."

Prajwal Raj Joshi



"It's unique. So many people are coming together from different

nations."

Sylvia Andreev



"I thought it was a lovely site and it was breathtaking."

Serena Muir



"I thought it was a unique institution in a great rural city."

Steve Porto



"I think it is a cooperative and clean city."

Parump Nutsingh



"The place is quite OK, but not as impressive as I thought it to be."

Sumeel Ahiya

Runover

From Online, page 1

competitive prices. Another site that has attracted students for its low prices is buy.com.

Many students have benefited from the promotions sent out by varietybooks.com, which offers free shipping with the code "RT743," if you spend over \$95.

Bigwords.com also offers promotions such as 10% off purchases of \$75 or more, with the coupon code 650983, and 15% off \$100 or more, with coupon code 650984.

More of these promotions can easily be found by registering with the online bookstores and getting e-mails, or by checking out www.dealfinder.com. This site offers discounts on a range of items and would be valuable to students in many different areas.

One of the best things about online bookstores is that many sell used books when the UB bookstore might not.

To buy books online, you generally need a credit card number, and a couple of days to wait for the book. These, of course, depend on the particular site and express shipping is usually available at an extra charge.

Shopping at these sites can be made easier if you know the ISBN of the book you are looking for. Knowing this number can make certain that you are getting the correct book and can also speed up the process of comparing prices between sites.

See Orientation, page 6

his class. For times when you just want to bum around, Professor Healey will provide endless entertainment, especially the longer past his bedtime it is. Professor Todd is a great choice for insightful conversation. Do you want to know all about the orgasmic platform from the man who is unofficially the most likely to be a Hell's Angel? Then you want Professor Autouri from the Biology department.

Of course, a good number of the professors at UB are cool, these are just some of the more notable ones.

For your general welfare, talking to Dean of Students Janet Merritt or Director of Student Programming Edina Oestreicher is a sure bet. Dean Merritt could easily be the mother you always wanted and Ms. Oestreicher is the older sister you never had. They are both great people to visit, especially since both keep a stock of chocolates and candy on-hand.

The best trick to the University is that if you uncover a quicker way to do something or find a (legitimate) back door to some requirement, share it with other students, so that we can all reap the benefits of your discovery.

From Snack attack, page 2

PM Mondays to Saturdays, and from 7 AM to 8 PM on Sundays. You can get phone cards as well at any of the grocery stores.

The other grocery store is 2 blocks up Main Street on your left. It is called Captain's Food Mart and operates between the hours of 6 AM and 9 PM from Monday through Saturday, and 7 AM to 8 PM on Sunday.

For any other shopping, you can catch the Number 8 bus down the street from Bodine Hall on Main Street and pay \$1.10 for the comfortable ride in the air-conditioned mobile to Brookside Place. It is a shopping plaza about 25 minutes away and has a Stop and Shop.

Stop and Shop is a huge grocery store that has everything from beer for those of you over 21 to soft toilet paper for those of you who prefer t.p. that is a shade softer than the sandpaper found in the bathrooms here.

Apply for a Stop and Shop card and you will save a lot with their specials. They are not too picky about the people they accept, so chances are you will be given the discount card. Please note that this is not a credit card and will have no effect on your credit history.

If you have the craving for instant food other than that, read the article on eating out.

From Security, page 2

a high-visibility vehicle 24 hours a day along with varying numbers of unarmed uniformed patrol officers on foot and bike patrol.

They maintain a high-visibility security presence on-campus, and respond to requests for service and reports of suspicious or criminal activity. In addition, they conduct building safety inspections on a regular basis and conduct investigations.

The shift supervisors are trained in first aid and serve as the designated EMS first responders for the campus.

The patrol unit is supplemented by the Knight Watch student patrol program. The students wear easily identifiable jackets and are assigned a security radio. After dark, they work in teams of two and are used to conduct escorts of people around campus, stand watch in parking areas and assist patrol officers as directed.

Building access control is another function of the Campus Security Department. All of our residence halls have an unarmed, uniformed officer assigned 24 hours a day to control access to the buildings. In addition, we maintain access control and a security presence during off-hours in activity buildings such as the Student Center and the Arts and Humanities building.

The department also supplies security on a demand basis for numerous special events such as dances, athletics, and visiting dignitaries, and assists other campus departments as needed. We are also an active participant in the South End Public Safety Committee and act as a clearinghouse for information on crime in the neighborhood supplied by the local police, and assist the committee in putting on educational programs on crime prevention and detection.

From Merritt, page 3

Take advantage of our diversity. Take advantage of our faculty and staff. Take advantage of all that we have to offer! Remember that all learning does not take place in the classroom. Join a club, get involved in a community project, become involved with Student Congress, and make a friend with someone who is different from you.

New or returning student, please stop by and say hello. I'd love to see you and get to know you. My office is located in the Student Center, room 114.

WELCOME TO THE UB FAMILY!!!

Janet Merritt
Dean of Students

From Bars, page 3

around 35. You are more likely to hear George Michael than anything else. There is a bar upstairs and a dance floor downstairs.

Premier is a dance club that has a cover charge. It gets pretty crowded and the addition of the dance floor on the second floor has not dispelled the crowdedness much. The crowd there is younger and you are sure to bump into at least two other UB students there. On a good night, a quarter of the place will be UB students.

One piece of advice, make sure to have a designated driver who has not been drinking when you have been.

By the way, there is this really nice jazz place in South Norwalk that I have not been able to find for the life of me. If anyone locates it, please call The Scribe at 203-576-4382. Thanks.

Finding alternatives to Marina

Welcome to the University of Bridgeport! As most of you will spend the next four years or so on-campus, you will have a chance to thoroughly familiarize yourself with the gourmet food (sic!) of the Marina Dining Hall. This article provides you with a choice of inexpensive alternatives to eating in Marina.

Research has shown that two major staples of college students are pizza and Chinese food. For pizza, you can head to Famous Pizza on Park Avenue right off campus. For about \$8, you will receive a delicious thin-crust pie served in a relaxing atmosphere. As for Chinese food, it is even closer. Just pick up your phone and call Lau's Castle at 335-2070 for a free delivery. Minimum order is \$10, which will buy enough food for two meals even for a starving freshman.

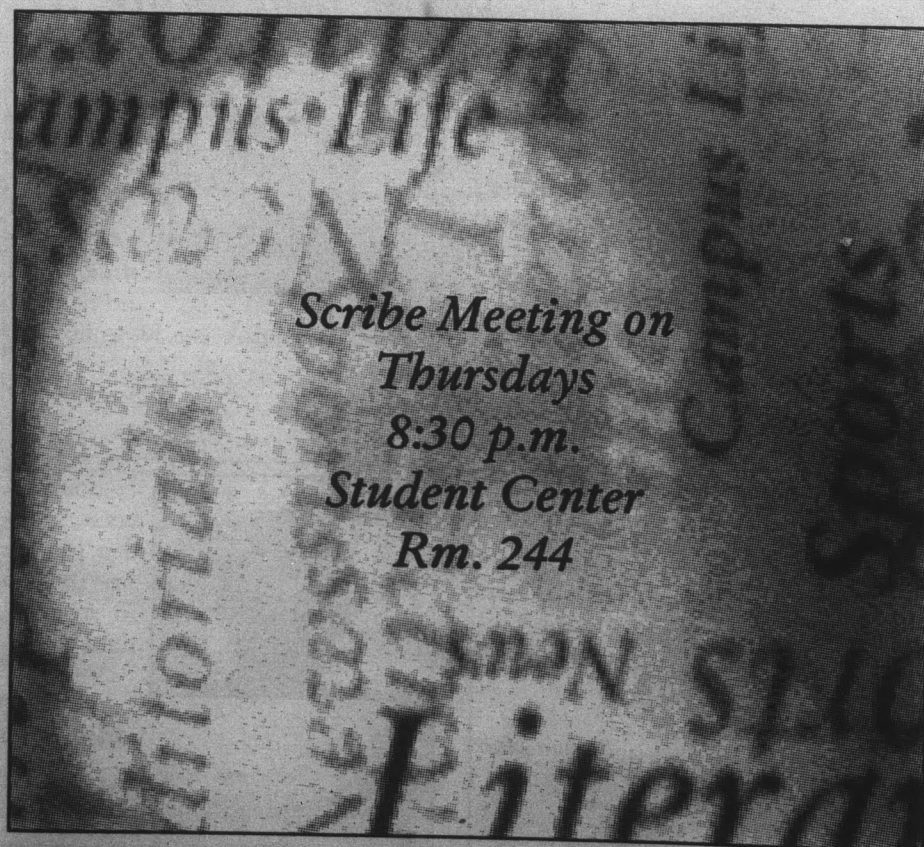
Before classes start, I would encourage you to explore the area in and around Bridgeport. Two places to visit are New York City and New Haven, both of which are accessible via Metro North train. While New York is famous for its restaurants, here are some attractive ethnic choices. For great Indian food, head to Jackson

Heights in Queens, where \$10 will buy you all the food you can possibly eat. If you are in the mood for Greek food, head to Astoria in Queens; those who would like Russian food, should definitely visit Brighton Beach in Brooklyn.

All these areas are easily accessible by train. And, of course, if you like Chinese food, visit the Chinatown district of Manhattan. My favorite restaurant is a Malaysian eatery called "Nyonya," (194 Grand Street) where \$8 will buy you a superb dinner.

New Haven, a town which hosts Yale University, also has a plethora of inexpensive good restaurants near the Yale campus. Check out Mamoun's for great Middle Eastern lunch at around \$5; or head to Indo-China for Thai and to Tandoor for Indian buffets. All of these restaurants are located within a walking distance from the New Haven train station.

One more tip about food: if you eat in a restaurant remember to tip waiters generously. A 15 to 20 percent tip is in order, depending on the quality of food and service.



UB names volleyball coach and assistant director of athletics



Women's Volleyball Coach Analia V. Carcer

UB named Analia V. Carcer women's head volleyball coach and John Pizzi, Jr., assistant director of Athletics.

Carer, who replaces Lisa Toto, was the women's junior varsity head coach at Springfield College. She received her Bachelor of Arts degree from Metropolitan State College in Denver.

Pizzi was director of Athletics at the MacDuffie School in Springfield, MA, and he also worked as an intern for the Big East Conference and as an assistant soccer coach at

Springfield College. He received a Bachelor of Science degree from Springfield College in 1995 and a Master's of Science from Springfield College in May 2000.

UB will compete in the New York Collegiate Athletic Conference starting fall 2000. The 12 conference members are Adelphi University, UB, Concordia College, LIU-CW Post, Dowling College, Mercy College, Molloy College, New York Institute of Technology, Philadelphia University, Queens College, Southampton College, and Saint Thomas Aquinas.



New Assistant Athletic Director John Pizzi Jr

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have the required muscle strength...

After all this is done, you will be handed two small pieces of paper stating that

you are cleared to play. One goes to Carolyn and the other to your head coach. Be careful with these bits of paper, I'm not sure that they re-



The men's basketball team in action last season

transcripts to the NCAA. Included in these transcripts should be your final transcript that confirms your graduation from high school.

For reasons of expediency, as may be the case with fall sports, the forms

can be faxed to the NCAA, but a credit card payment will be required for the fee. No cash transactions are allowed. Faxed transcripts and test scores will not be

issue them. Good news here, once you are cleared for one sport, you are cleared for the year in any other sport that you are interested in playing.

This clearance allows you to train with the team before the NCAA part of being cleared to play has occurred.

Now as to what the NCAA wants of you before you are allowed to play.

For freshman, you will have to go through the clearinghouse to attain your initial eligibility.

In order to be registered with the clearinghouse, you have to complete and send in a student release form, available at the Harvey Hubbell gym along with a detailed version what exactly is required.

Have fun with the forms. You will have to pay a \$25.00 registration fee. With this form you get to re-connect with you beloved high school as copies of the form have to go to your high school to be completed by officials there.

Regretting that senior prank now, hey? They will send your high school

accepted by the clearinghouse.

After all this is done well, then there's a lesson in patience. Drink lots of fluids.

Any student who is not a freshman and has not previously attended college will be okay to play after all the health paperwork is done.

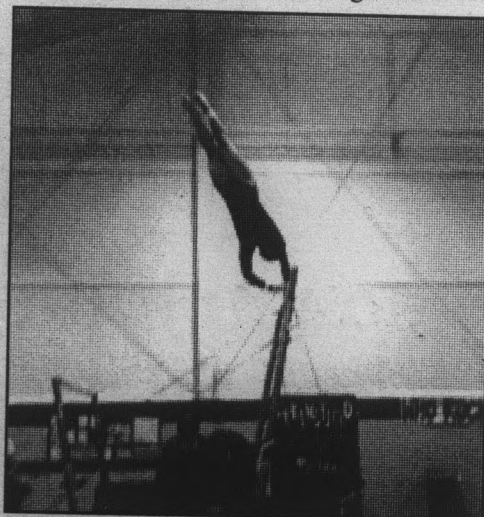
When you are finished with all the running around required to get cleared

to play, you're pretty much in shape to play for the team. Good Luck! See you in practice.

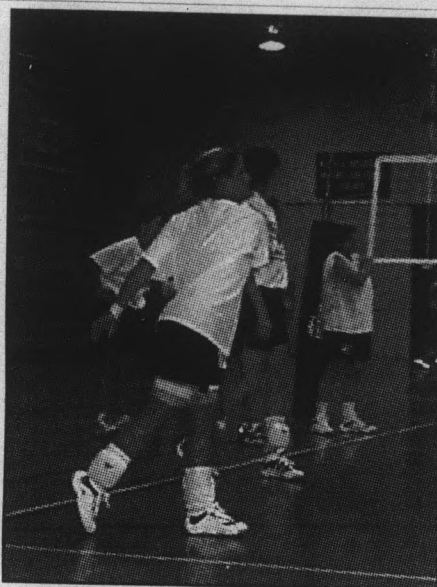
Numbers to know for interested athletes: Marketta Pettway, x4059. Actually this is the only number that you really need; she'll connect you to anyone in the athletic department.

Coaches

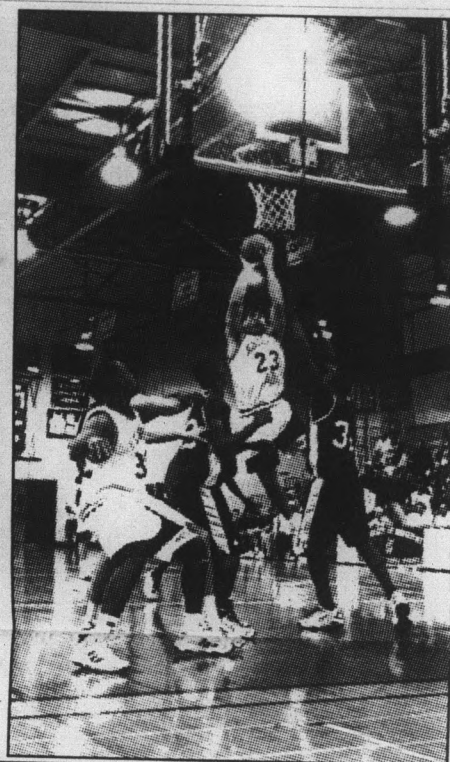
names: men's soccer, Brian Quinn; women's soccer, Magnus Nilerud; women's volleyball, Analia V. Carcer; men's basketball and cross country, Mike Ruane; women's basketball, John Green; women's gymnastics, Lorraine Duffy; softball, Andrea Costa; baseball, Matt Reed.



Senior Laura McFarland competing last season is back for her final year



The volleyball team is already preparing for the upcoming season. Men's basketball action tips off later in the semester



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last year and played soccer here at UB.

In what was a disappointing season for the team last year, Kolbrun Sveinsdottir shined for the team, leading in scoring, followed by Sandra Sigmundsdottir. The two sophomores will be returning to the team.

Among the new recruits this season are forward Diana Silonova, who plays sweeper, and Amanda Folkesson who can play either up-front or midfield. Thea Andrews comes in to midfield.

The team opens up its season September 2-3 in a tournament at St. Rose College and plays their first home game against Pace University on September 5 at Seaside Park at 3:30.

The women's volleyball team finished their season 7-23 last season.

Coaching the volleyball squad in her first year at UB is Analia V. Carcer. The team has two returning seniors who have been consistent performers for the team. Julie Jarvis, who plays as setter and outside hitter, was recognized for her efforts last season with an honorable mention by the NECC. She led the team with 459 assists last season and was third on the team in kills.

Valerie Steen, the teams leading hitter, averaged thirteen kills a match last season in addition to being among the Division II leaders in serving percentage and aces.

The team's season serves into action on September 6, against Teiko Post University, whom they defeated twice last season. The game is at the Harvey Hubbell Gym at 7 PM.

Sports



Purple Knights' Sports



Optimism surrounds coming sports season

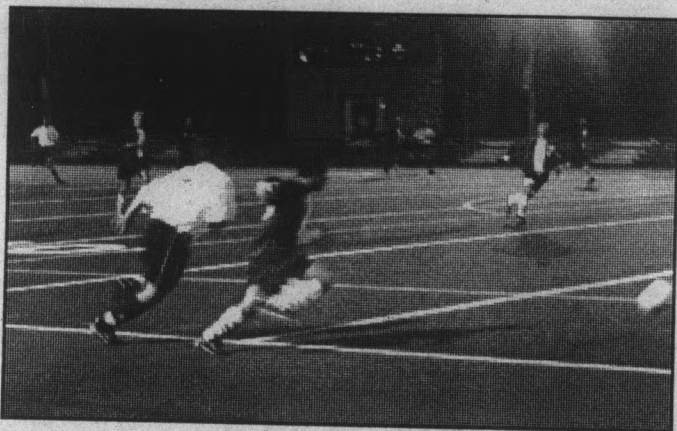
BY TRINITY BELGRAVE

The University of Bridgeport features women's volleyball, men's and women's soccer, and cross country in the fall.

The men's soccer team is coming off a 7-10-1 season. Heading the team in his first year coaching at UB is Head Coach Brian Quinn. He spent his previous five years as an assistant coach at Boston University in the Division I American East Conference.

The team has nine players return-

ing from last year, including senior co-captains Steindor Gislason who plays midfield and junior goalkeeper Adam Dodge. Junior forward Oliver Konteh



will be returning to lead the UB attack, as will junior midfielders Lucas Meadows and Ingolfur Aumundsen.

The team also has newcomers in

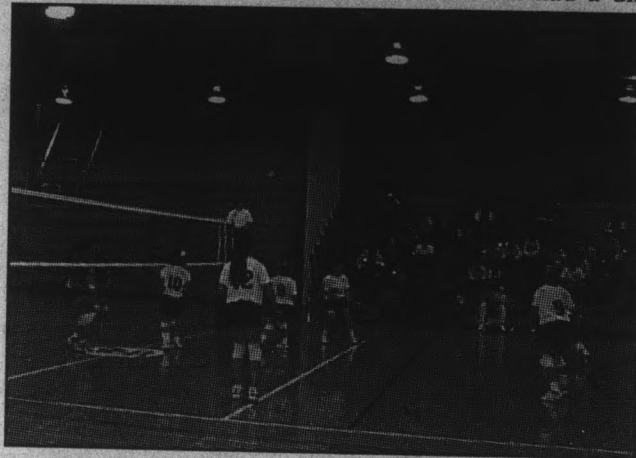
Miguel Veizaga and Ian Welsch, who enter as midfielders. Lee Sharkey, who plays forward, will be joined up-front by Ibrahima Jagne. Brendon Pelzer and Anthony Pousson come in to reinforce the defense.

The team will look to improve on last season's results when they were out-shot 225 to 169 and out-scored 29 to 27. Their season kicks off on Friday, September 1, against former conference rivals New Hampshire, whom they lost to in a close 0-1 affair last season.

Their first home game will be on Wednesday, September 6, against American International College at 3:30

PM in Seaside Park.

The ladies soccer team had a dis-



appointing 0-15 season last year. Leading the team this season is Head Coach Magnus Nilerud, who was an assistant

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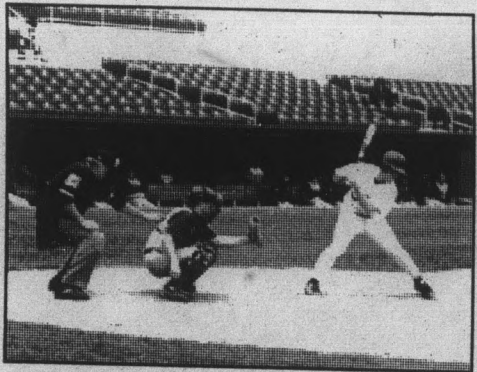
Walking on to sports

BY TRINITY BELGRAVE

The University of Bridgeport offers several options for the walk-on athlete. In the fall season, there is soccer for both sexes, volleyball for the ladies, and cross-country for the masochists. In the winter, basketball is offered for men and women, and gymnastics for the ladies, perhaps not the best walk-on sport for the average individual. In the spring, the bats and leather are broken out, with softball for the ladies and baseball for the men.

All the teams welcome interested parties and they are encouraged to contact the athletic department if they are interested in participating on any of the intercollegiate teams in the school.

So what should you do as an athlete interested in competing on one of the school's teams? Well first of all be prepared to do a bit of paperwork, I promise it's not as bad as registration, but, there are more than a few T's to be crossed and I's to be dotted before you can don the purple and white.



So a good starting place would be to speak to the head coach of the sport that you are interested in playing.

The athletic staff is a cool bunch, so don't be afraid to ask them. Some of them are intimidating, but they're harmless, I assure you.

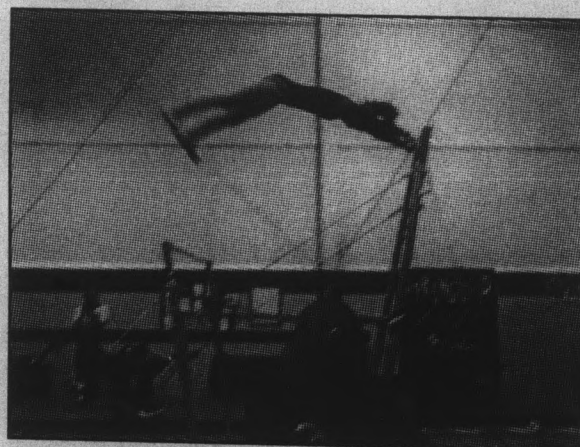
First, the health requirements. In

addition to the immunization form that you were required to submit to register and move into the dorms, you will also require a physical. There are doctors in the health building who can perform the required service. They have specific hours, usually not more than two or three a day, so you will have to catch them; people in the health service building know what these hours are.

Also, you will be expected to pass a urine test, stay off the booze for a couple days, okay?

Early into the process of getting "cleared" to play you will meet the

school's head trainer, Carolyn Jennings. Do what she says, she knows



the aggravation of the process as well as anyone and she is trying to help you, in between giving you a

half-dozen other forms to fill out. She or one of her interns will do the muscle tone/flexibility test. Here's to assuming that if you are walking about and think that you can play a sport you

See Walking on, page 7

UB joins new conference, new coach joins UB

Starting fall 2000, UB joins the New York Collegiate Athletic Conference (NYCAC).

Founded in 1989, the NYCAC has grown into one of the most successful NCAA Division II conferences in the country. NYCAC sponsors championships in 13 sports: baseball, men's and women's basketball, men's and women's cross country, men's golf, men's lacrosse, men's and women's soccer, women's softball, men's and

women's tennis, and women's volleyball.

Additionally, the winners of the men's and women's post-season basketball tournaments receive an automatic bid to the NCAA Division II championship tournament. The 12 member conference consists of: Adelphi University, University of Bridgeport, Concordia College, Dowling College, LIU-C.W. Post, Mercy College, Molloy College, New York Institute of Technology, Philadelphia University

(formerly Philadelphia Textile), Queens College, Saint Thomas Aquinas, and LIU-Southampton College.

The most recent addition to the athletic staff at the University of Bridgeport is Mike Ruane. Mike was named the new head coach of the men's basketball team at the beginning of April. He served as an assistant coach at Philadelphia University, the New Jersey Institute of Technology, and West Virginia Wesleyan College. While at Philadelphia University, he helped

guide them to a second place finish in the NYCAC and a 21-6 record in 1997-98, and a 17-10 finish last season. He earned his Bachelor of Arts degree from Alvernia College and Masters of Education degree from Temple University. In addition to coaching men's basketball, he will also coach the men's cross-country team and serve as the Director of Sports Information.